

Stories from the Field: Riverside Elementary School District

November 17, 2020 1:30 PM – 2:00 PM PROFESSIONAL STANDARDS LEARNING CODES: 1120, 2230, 3440, 4130, 4150



Welcome!

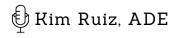
ADE's upLIFT Webinar Series was created for YOU, the school nutrition professional, to learn and get inspired in how and what you feed your students!

This year, we hope to continue to inspire you by shining a spotlight on stories from directors across the state who are staying upLIFTed during times of adversity.

> Each month we will feature an Arizona school nutrition program that is maintaining quality while serving meals to their students despite unconventional operations.

> > \bigoplus Kim Ruiz, ADE

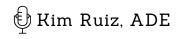
November Spotlight



Riverside Elementary School District



Eva Chalabi Director of Child Nutrition Services Riverside Elementary School District



District Profile





🗄 Eva Chalabi, Riverside Elementary School District

District Profile





of meals served per day: 750-800
Lunch ADP: 89%

of meals served per day: 300
Lunch ADP: 35%

Since COVID-19

Eva Chalabi, Riverside Elementary School District

District Profile



Current Learning & Feeding Model

Distance Learning is our current model. Students are learning from home. Our meal feeding model includes curbside pick up, home delivery, and bus stop pick up.

Nutrition Initiative Topic: Preparing and Serving Scratch and Semi-Scratch Recipes

🖞 Eva Chalabi, Riverside Elementary School District

Why we focus on...

Scratch and Semi-Scratch Recipes



Freshness - We know we are serving nutritious food...practicing what we preach.



Variety - We focus on serving several meals that take less time and are easy to prepare.



Affordability - Scratch cooking is more cost effective than relying strictly on heat & serve items.



Excitement - Keeps things interesting in the kitchen!

Scratch and Semi-Scratch Recipes

How we put it into practice!

Organize your commodity dollars and plan on using your commodity food items.

Involve your cooks and staff when planning your menu. Plant the seed in their head.

Ask your kitchen staff for recipe ideas and suggestions. It really stirs up interest and ignites their desire to cook scratch meals.

Scratch and Semi-Scratch Recipes





Eva Chalabi, Riverside Elementary School District

Sample Breakfast Menu

Breakfast Menu

Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16	Saturday, October 17
BREAKFAST Protein Breakfast Bar Pear, Milk	BREAKFAST Egg & Cheese Breakfast Sandwich, Apple, Milk	BREAKFAST Cinnamon Raisin Bagel, Fruit Juice, <u>Craisin</u> , Milk	BREAKFAST French Toast Breakfast Bar Orange, Milk	BREAKFAST Cinnamon Bun Apple, Milk	BREAKFAST Raspberry Filled Churro Fruit Juice, Raisins,, Milk
LUNCH Chicken Fried Rice, Chinse EggRoll, Carrots, Pineapple Chunks, Milk	LUNCH Ham & Cheese Wrap, Broccoli, Fruit, Milk	LUNCH Chicken Salad, Black Bean Salad, Diced Peaches, Milk	LUNCH Chicken Alfredo Pasta, Peas, Diced Pears, Milk	LUNCH Home made Bean & Cheese Burrito, <u>Calabacita</u> , Applesauce, Milk	LUNCH Turkey & Cheese Sandwich Mixed Vegetables, Sliced Peaches, Milk

At Breakfast



🔮 Eva Chalabi, Riverside Elementary School District

Sample Lunch Menu

Lunch Menu

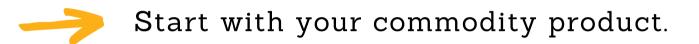
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At Lunch



Top 5 Tips for...

Scratch and Semi-Scratch Recipes



- Pick simple recipes that are versatile
- Engage your staff for ideas



Use resources such as ICN, Team Nutrition, Google

Eva Chalabi, Riverside Elementary School District

Thank You!

Eva Chalabi Director of Child Nutrition Services Riverside Elementary School District

Phone: (480) 286-8345 Email: echalabi@riverside.k12.az.us

Visit our webpage: www.resdonline.org

 \bigoplus Eva Chalabi, Riverside Elementary School District



Resources

Top Five Tips for...

Preparing and Serving Scratch and Semi-Scratch Recipes



- Start with your commodity products Your USDA Foods entitlement provides you with access to many foods and products that can be easily incorporated into scratch and semi-scratch recipes.
- Pick simple recipes that are versatile Evaluate your equipment inventory and determine what equipment you need to support your goals.
- Engage your staff in the process Ask your staff for recipe ideas they think will be successful in your meal service.
- Sample your new items Allow your staff and students to taste test any new recipes so you can gather feedback before planning to serve them in your meal service.
- Utilize existing resources Check out USDA Team Nutrition or the ICN Child Nutrition Recipe Box.



School Meals in Arizona How'd they do that?

Riverside Elementary School District Protein Bars Served: Monthly Since August 202

food Cost: \$0.31 per serving (including wra 125 oz. Grains per serving 1 Meat/Meat Alternate per serving

Ingredients

Coconut, Oats, Craisins, Sunflower Seed Butter, Syrup, Cocoa Powder, Buter, Vanilla, Extract

Preparation Equipment/Supplies

Food processor (optional Parchment paper Sheet pan Knife
 Freezer
 Plastic wrap (optional)

Food Safety

 Butter should be melted at Proper handwashing and glove use is required when preparing and slicing required when preparing and since bars Cover sheet pan when storing or freezing • Keep cold food at or below 41 F

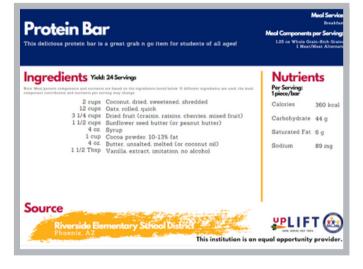
Labor

 No special training required.
 Ingredients are placed into a bowl and mixed to mbine predients are then spread out on a sheet pan and ced in a freezer to form. Freeze time is about 1 Bars should be carefully sliced into squares before wrapping and serving

ELIFT 🤬



Scratch Cooking





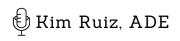
Looking Ahead

Join us next month!

Stories from the Field: Humboldt Unified School District

December 15, 2020 1:30pm - 2:00pm

Next month, Stay upLIFTed will highlight Humboldt where they have continued to implement their important nutrition initiatives such as continuing to serve fresh fruits and vegetables, and offering students a variety of nutritious options. Join us to learn more about their operation and how you can implement similar techniques!





Thank you!

Any questions? Please type them into the chat bar now.

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



🔮 Kim Ruiz, ADE

Question #1

According to the speaker, which of the following are ways to begin incorporating scratch and semi-scratch recipes in your operation?

- a. Buy fresh ingredients from the store
- b. Ask your teachers what they think
- c. Look at your home cook books
- d. Start with a commodity product

Question #1

According to the speaker, which of the following are ways to begin incorporating scratch and semi-scratch recipes in your operation?

a. Buy fresh ingredients from the storeb. Ask your teachers what they think

- c. Look at your home cook books
- d. Start with a commodity product

The correct answer is D!

Question #2

According to the speaker, engaging your staff for ideas is <u>not</u> a good way to start adding scratch or semi-scratch recipes to your menu

TRUE FALSE

Question #2

According to the speaker, engaging your staff for ideas is <u>not</u> a good way to start adding scratch or semi-scratch recipes to your menu



The correct answer is FALSE!

Question #3

According to the speaker, cooking scratch and semi-scratch items is more affordable then relying strictly on heat and serve items.

TRUE FALSE

Question #3

According to the speaker, cooking scratch foods is more affordable then relying on heat and serve items.



The correct answer is TRUE!

Congratulations!

You have completed the Recorded Webinar: upLIFT Stories from the Field: Riverside Elementary School District

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: Recorded Webinar: upLIFT Stories from the Field: Riverside Elementary School District
- Key Area: 1000-Nutrition, 2000-Operations, 3000-Administration, 4000-Communications & Marketing
- Learning Codes: 1120, 2230, 3440, 4130, 4150
- Length: 0.5 hour

Please Note:

• Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

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